## AMENDMENTS TO THE CLAIMS

This listing of the claims will replace all prior versions, and listings of claims in the present patent application:

**Listing of Claims:**

**Claim 1 (Currently Amended).** A training aid configured to strike a ball, comprising:

an opaque and malleable material that is configured <u>to receive at least one impression formed upon impact with said ball and a hitting instrument, said impression comprising a strike zone and at least one ridge; and</u> ~~to be deformed upon impact with said ball;~~

a deformable sheet <u>that is thicker than said opaque and malleable material</u> having a front face that is <u>adhesively</u> attached to said opaque and malleable material, said deformable sheet <u>additionally</u> having a back face <u>with an adhesive material that is configured to be affixed to said hitting instrument.</u> ~~; and~~

~~a means for affixing said training aid to hitting instrument.~~

**Claim 2 (Original).** The training aid of claim 1 wherein said opaque and malleable material is a metallic material comprising one or more metals.

**Claim 3 (Cancelled).**

**Claim 4 (Original).** The training aid of claim 3 wherein said opaque and malleable material is a first metallic sheet that is configured to directly contact said ball.

**Claim 5 (Cancelled).**

**Claim 6 (Currently Amended).** The training aid of claim [[5]] 4 wherein said at least one impression further comprises a dimple pattern, said impression that is one or more impressions generated after striking said ball provides information about an impression of how said ball was struck.

**Claim 7 (Currently Amended).** The training aid of claim [[5]] 4 further comprising a tab which does not conform to the hitting instrument, said tab providing a writing surface for recording data and simplified removal of said training aid from said hitting instrument.

**Claim 8 (Currently Amended).** A training aid, comprising:

a first sheet composed of a metallic material that is configured to receive an impression from a ball upon impact with a hitting instrument, said impression comprising a strike zone and at least one ridge to be deformed upon impact with a ball;

a second sheet composed of an deformable material that is adhesively attached to said first sheet, said second sheet having a back face; [[and]]

a first adhesive layer on said back face of said second sheet, said first

adhesive layer attached to a non-stick surface[[.]] ; and

a means for determining how said ball was struck according to information

derived from said impression.

**Claim 9 (Original).** The training aid of claim 8 wherein said second sheet is

thicker than said first sheet.

**Claim 10 (Currently Amended).** The training aid of claim 9 wherein said

impression further comprises a dimple pattern, said impression is one or more

deformations generated after striking a golf ball provides an impression of how

[[a]] said ball was struck by [[a]] said hitting instrument.

**Claim 11 (Original).** The training aid of claim 9 wherein said first layer is

composed of aluminum.

**Claim 12 (Currently Amended).** A training aid, comprising:

a sheet further comprising a metallic top layer that is configured to contact

a ball and be deformed upon impact with said ball, producing at least one

impression comprising a dimple pattern, a strike zone, and at least one ridge,

said sheet having a back face; and

an adhesive layer on said back face of said sheet, said adhesive layer

having an adhesive that interfaces with a non-stick sheet that is configured to be

removed prior to affixing said training aid to a hitting instrument, said adhesive

configured to leave little or no adhesive residue on said hitting instrument when said training aid is removed.

**Claim 13 (Original).** The training aid of claim 12 wherein said sheet further comprises a deformable sheet that is attached to said metallic top layer.

**Claim 14 (Currently Amended).** The training aid of claim 13 wherein said deformable sheet is thicker than said metallic top layer, enabling sufficient latitude to accommodate said impression(s).

**Claim 15 (Currently Amended).** The training aid of claim 14 wherein one or more deformations are generated after striking a ball, said one or more deformations configured to provide [[an]] said impression of how said ball was struck.

**Claim 16 (Original).** The golf training aid of claim 15 wherein said metallic top layer is composed of aluminum.

**Claims 17 – 20 (Cancelled).**

**Claim 21 (Original).** The training aid of claim 1 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

**Claim 22 (Original).** The training aid of claim 8 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

**Claim 23 (Original).** The training aid of claim 12 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

**Claim 24 (Canceled).**